

If You're Getting Married Know The Facts About HIV Protect Yourself and Your Partner

People can get HIV by

- Having vaginal or anal sex without a condom with someone who has HIV.
- Sharing needles or works to inject drugs with someone who has HIV.
- Having oral sex with someone who has HIV. Do not have oral sex if you or your partner have mouth sores or cuts, and do not floss or brush your teeth before or after oral sex.

A first step: talk about HIV

If you or your partner had sex partners in the past, you need to talk about it together. Since you are now thinking of a long-term commitment, the best way to protect your future health is to get the facts.

If you are worried...seek HIV counseling and testing

People can have HIV and not know it. Having HIV does not mean you will get AIDS right away, but it does mean you can pass the virus to others. That is one reason to find out if you have HIV. If you think there might be any chance of having HIV, see an HIV counselor.

Many community health centers, hospitals, and clinics have health care providers or HIV counselors who can help you decide if you should get tested. HIV counselors explain the testing process, what your options are, and the test results. They also give information about how to protect yourself and others from future HIV infection.

- Your health care provider can link you to HIV testing, counseling, support services, and medical care.
- Find out more about confidential and anonymous testing services by calling the AIDS Action Committee Hotline at **1-800-235-2331**.

If you are concerned... protect yourself from HIV

- Use a latex condom with a water-based lubricant, or a Reality female condom, every time you have vaginal or anal sex.
 - Do not use oils, petroleum jelly, or hand or body lotion because they make condoms break.
- Be aware that many birth control measures, including pills, diaphragms, and IUDs (Intra-Uterine Devices) do not protect you from HIV. Condoms can protect you from HIV and can be used for birth control.

HIV

Human Immunodeficiency Virus

causes

AIDS

Acquired Immune Deficiency Syndrome

HIV is found in the blood, semen, vaginal fluids, or breast milk of someone infected with HIV.

Massachusetts law does not require a blood test for HIV for people getting married. However, all providers who offer blood-testing services to partners getting married must provide information about HIV/AIDS. This information helps partners who are getting married make healthy choices.

Share information... not HIV

Talking about sexual histories can be embarrassing, but it is important to share this information. This is the right time to protect yourself and your partner from HIV.

All calls are confidential. For more information call:

AIDS Action Committee Hotline
1-800-235-2331 (English, Spanish)
TTY: 617-437-1672

Information, support, and referrals on HIV/AIDS, STDs, and Hepatitis transmissions, testing, and treatment

First Call for Help
1-800-231-4377

Information and referrals on a variety of services, including HIV

Massachusetts Substance Abuse Information and Education Helpline
1-800-327-5050
TTY: 617-536-5872

Information and referrals for substance abuse treatment and self-help groups

Get Tested. Get Care. Get Support.

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